Frittata

Recipe courtesy Alton Brown

Prep Time:10 min

Inactive Prep Time:

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Cook Time:10 min

Level:Easy

Serves:

6 servings

Ingredients

* 6 eggs, beaten
* 1-ounce Parmesan, grated
* 1/2 teaspoon black pepper
* Pinch salt
* 1 teaspoon butter
* 1/2 cup chopped roasted asparagus
* 1/2 cup chopped country ham
* 1 tablespoon chopped parsley leaves

Directions

Preheat oven to broil setting.

In medium size bowl, using a fork, blend together eggs, Parmesan, pepper, and salt.

Heat 12-inch non-stick, oven safe saute pan over medium high heat.

Add butter to pan and melt. Add asparagus and ham to pan and saute for 2 to 3 minutes.

Pour egg mixture into pan and stir with rubber spatula.

Cook for 4 to 5 minutes or until the egg mixture has set on the bottom and begins to set up on top. Sprinkle with parsley.

Place pan into oven and broil for 3 to 4 minutes, until lightly browned and fluffy. Remove from pan and cut into 6 servings. Serve immediately.